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January 2016



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ONE STOP  
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MANAGEMENT  
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McShane's Solicitors, Newry and Killeel have launched a new One Stop Accident and Claims Management Service offering liaison with insurers, managing repairs, replacement vehicles and personal injury compensation.

**SEE PAGE 13**



Rory McShane and Paul O'Kane of McShane's Solicitors launch the new One Stop Accident and Claims Management Service at the local practice

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BT35 6BB  
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Your heart attack risk has started to drop. Your lung function is beginning to improve.

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Your excess risk of coronary heart disease, heart attack and stroke has dropped to less than half that of a smoker

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THERE IS A LOT MORE TO LIFE - JUST AS YOU ALWAYS THOUGHT**

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**STARTS:** Monday, 18th January 2016  
**Evening:** 7.00pm - 8.30pm **BEGINNERS**  
**DURATION:** 7 week course  
**COST:** £70 (£55 concession) **payable on 1st night**  
**VENUE:** The Scout Hall, Home Avenue, Newry.  
Treat yourself to a TAI CHI class and learn how to relax, become calm, and step outside the effects of stress in your life!  
"It's EASY, it's FUN, and you'll be in the company of like-minded people."

*Is this your INTUITION? your HIGHER SELF?  
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Know that this voice is never wrong, that it always has your highest good in mind, and that it is here to keep you on your soul path in life.

### HEARING THE SMALL "STILL VOICE" WITHIN

#### 7 week Course

**COST:** £70 (£55 concession) **payable at 1st class**

**MORNING** Wed, 20th January 2016  
**CLASS:** 10.30am - 12pm in Elysium Wellness Centre, 28 Merchant's Quay, Newry

**EVENING** Mon, 18th January 2016  
**CLASS:** 8.30pm - 10pm The Scout Hall, Home Avenue, Newry

To RESERVE a place: Contact Ciaran (028) 3026 2123 cc@flowsoftly.com

## MINDFULNESS MEDITATION

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*Its the most successful of all meditative practices (BBC TV).*

### BEGINNERS 7 week Course

**EVENING CLASS:** Wednesday, 20th January 2016  
**TIME:** 7pm - 8.30pm  
**COST:** £70 (£55 concession) **payable on 1st night**  
**WHERE:** Elysium Wellness Centre, 28 Merchant's Quay, Newry

### ADVANCED 7 week Course

**EVENING CLASS:** Wednesday, 20th January 2016  
**TIME:** 8.30pm - 10pm  
**COST:** £70 (£55 concession) **payable on 1st night**  
**WHERE:** Elysium Wellness Centre, 28 Merchant's Quay, Newry

To RESERVE a place: Contact Ciaran (028) 3026 2123 cc@flowsoftly.com

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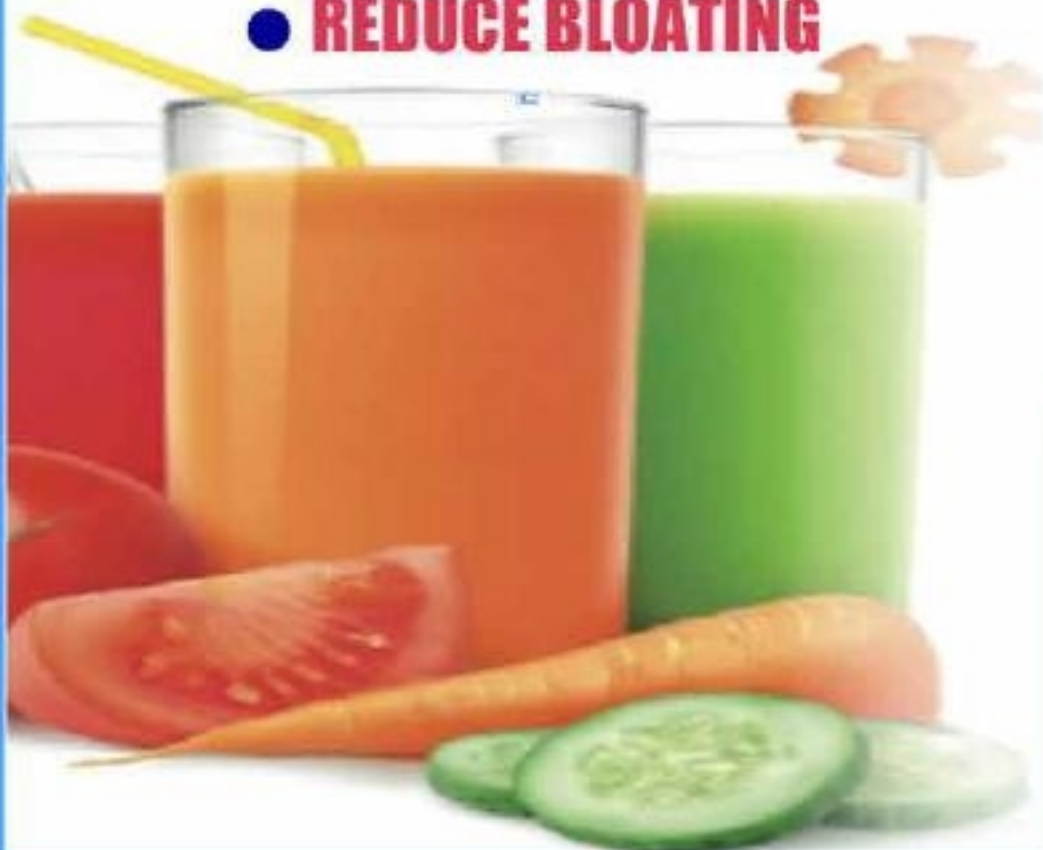
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**“ GREAT PLACE. DID THE 5-DAY DETOX. FOLLOWING WEEK 2 JUICES, 1 SALAD LOST 12LB 5 INCHES FROM MY TUMMY WHICH WAS FANTASTIC. I HAD LOTS OF ENERGY AND DIDN'T FEEL HUNGRY AT ALL. MY SKIN WAS CLEAR. HAD MY 4.30 JUICE WHEN MAKING DINNER FOR EVERYONE ELSE. DRINKING GREEN TEA HELPED WHEN I FELT HUNGRY. STAFF ARE REALLY HELPFUL AND FRIENDLY. THANKS SO MUCH JIM. ”**

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MAP

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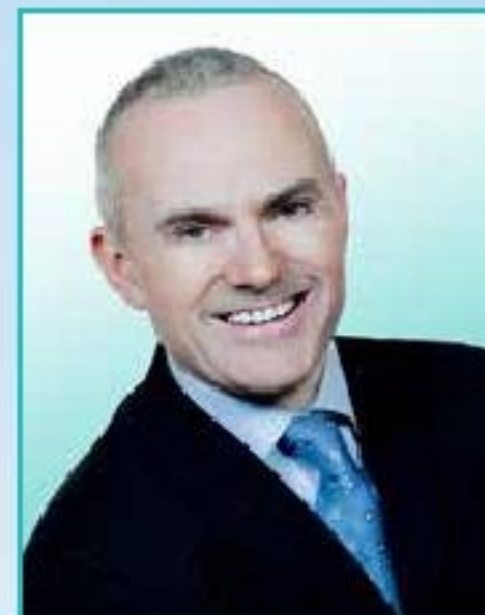
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This offer is for a limited time ONLY, so now is the time to claim £500 off laser eye surgery and enjoy better vision for life!



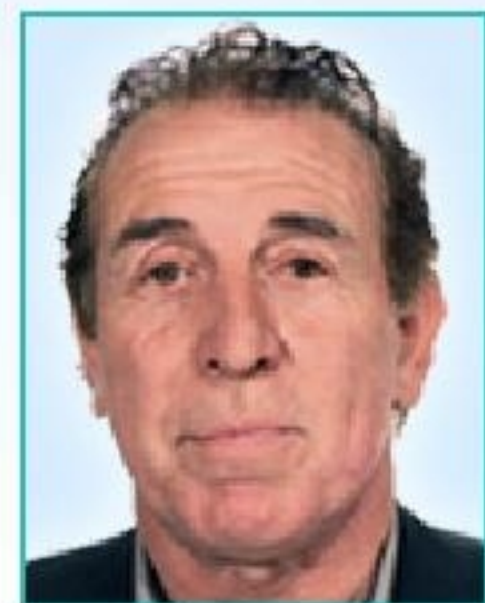
"Being able to see so clearly without glasses was the strangest feeling ever, absolutely fantastic"

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One of the latest additions to the Newry business community is Healthier Smoker Limited located at 17 Hill Street which will also bring with it healthier options for the people of the city.

As the name suggests Healthier Smoker Ltd specialises in the supply and sale of vaping devices, e-juice and e-liquid alternatives to the traditional cigarette.

As well as the health benefits from turning to the new devices Healthier Smoker Ltd. is also a company where all the vaping devices are produced in Ireland.

### SO WHAT IS VAPING?

Vaping is the term used by people who use the devices as an alternative to smoking. In these devices the e-juice is vaporized by a heating element and then the vapour is inhaled and exhaled just like a regular cigarette but without all the toxins and dangerous chemicals normally produced.

### WHAT WE DO

The devices use only the very best and safest ingredients possible and produced under the good manufacturing practice code.

Following the rapid expansion of this product the company are looking at the possibility of a large scale production facility located in the Republic which would be the first of its kind in the country.

### SALES STRATEGY

The company already supplies many independent retailers in the south and the Hill Street you know sees the company establishing itself in Newry.

This is one of the best examples of the rapid expansion of the company both in this country and across the water.

### RETAIL EXPANSION

To date the company has used kiosks in shopping centres and retail outlets in areas with a high footfall to make this expansion possible.

The company also provide complete training and product knowledge to all new independent retailers as well as assistance with acquiring premises, lease negotiations and the like.

For further information see the company website [www.healthiersmoker.ie](http://www.healthiersmoker.ie)







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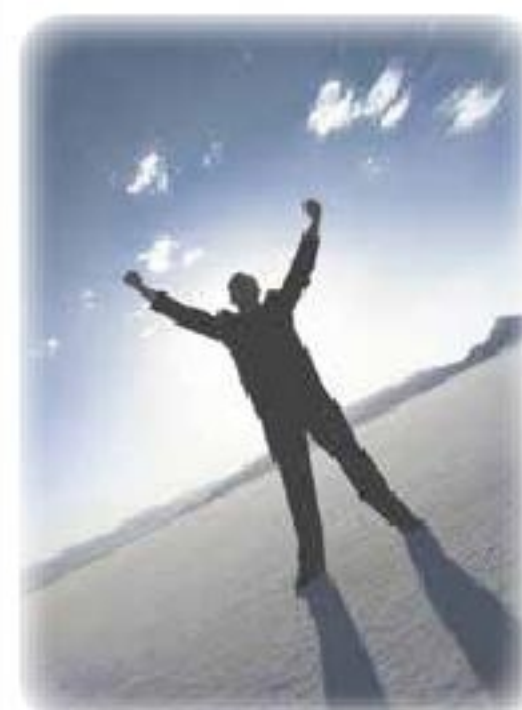
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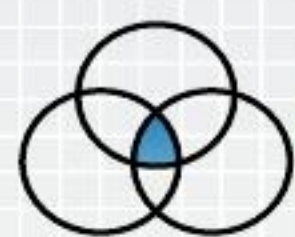
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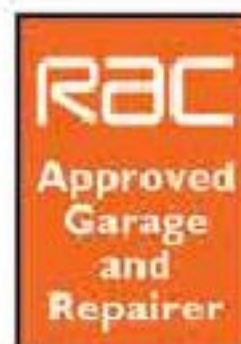
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